

## **Abstract**

**Title:** The occurrence of injuries and its prevention in the elite series of women's 7s rugby in the Czech Republic

**Objective:** Objective of my bachelor thesis is finding of frequency and possible kinds of injuries in elite series of women 7s rugby in Czech republic. It focus on types of injuries, its causes by individual posts, on mechanism of injuries and its prevention.

**Method:** For research it was used expert findings through nonstandardized questionnaires with closed and semi-closed questions. Questionnaires were sent out in electronic form to all six teams playing elite series.

Total was analyzed 63 questionnaires. For the analysis of the data obtained was used software Microsoft Excel 2013.

**Results:** In elite series of rugby in Czech republic was the most fractures (28,7%), followed by ligament injuries (22,4%), dislocations (17,8%), injury lacerations (11,5%), other serious injuries (11,0%) and concussions of brain (8,6%). Of the total number of injuries (48,9%) fell on the players of scrum and (51,1%) on attackers. The overall average duration of treatment was 6.3 weeks. The most injuries occur during defensive tackling (40,0%) and attacking (26,4%). Injuries by individual parts of body were the most on upper limbs (37,4%). The following parts were lower limbs (33.3%), head (23.6%) and others (5.7%).

**Keywords:** injuries, prevention, rugby, Czech republic, questionnaire